

PEAS, BLACK-EYED

CANNED

for use in the USDA Household
Commodity Food Distribution Programs

03/27/01

Product Description

Canned Black-eyed peas (beans) (cowpeas) are U.S. Grade A, packed in salt water.

Pack/Yield

Black-eyed peas are packed in 15-ounce cans, approximately 2 cups per can.

Storage

- Store unopened black-eyed peas in a cool, dry place off the floor.
- For **best quality**, use unopened black-eyed peas within 2 years.
- Store opened black-eyed peas in a covered non-metallic container and refrigerate. Use within 3 to 4 days. They can also be frozen.

Uses and Tips

Black-eyed peas may be used cold in salads, in soups, casseroles, or stews, in chili, or as a vegetable side dish. They are also excellent mixed with rice.

(See recipes on reverse side)



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Cooking

Canned black-eyed peas require no further cooking, and may be used directly from the can.

Nutrition Information

- **Black-eyed peas** are low in fat and contain no cholesterol. They are high in potassium, iron, and fiber.
- ½ cup of black-eyed peas counts as 1 ounce of lean meat from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

Nutrition Facts			
Serving size 1 cup (240g) cooked, drained black-eyed peas			
Amount Per Serving			
Calories	184	Fat Cal	11
% Daily Value*			
Total Fat	1.3g		2%
Saturated Fat	.3g		1%
Cholesterol	0mg		0%
Sodium	717mg		29%
Total Carbohydrate	32g		10%
Dietary Fiber	7g		28%
Sugars	5g		
Protein	11g		
Vitamin A	0%	Vitamin C	10%
Calcium	4%	Iron	12%
*Percent Daily Values are based on a 2,000 calorie diet.			

Chunky Meatless Chili

1 medium green pepper, chopped
 1 medium onion, chopped
 3 garlic cloves, minced (optional)
 3½ cups canned tomatoes, undrained, chopped
 1 can kidney beans, undrained
 1 can Black-eyed Peas, undrained
 1 can whole kernel corn, drained
 1 cup water
 1 cup uncooked rice
 1-2 tablespoons chili powder
 1½ teaspoons ground cumin (optional)

Recipe provided by Taste of Home Magazine

1. Grease or spray a 3-quart saucepan and saute green pepper, onion, and garlic over medium-high heat for 5 minutes until tender.
2. Add and blend in the tomatoes, kidney beans, black-eyed peas, corn, water, rice, chili powder, and cumin.
3. Bring to a boil, reduce heat, cover, and simmer 30 minutes, stirring occasionally.

When serving, may be garnished with lowfat sour cream or plain yogurt, chopped onions, and/or lowfat shredded cheese.

Makes approximately 6 2-cup servings

Nutrition Information for each serving of Chunky Meatless Chili:

Calories	313	Cholesterol	0 mg	Sugar	8 g	Calcium	85 mg
Calories from Fat	11	Sodium	968 mg	Protein	12 g	Iron	4.6 mg
Total Fat	1.3 g	Total Carbohydrate	65 g	Vitamin A	156 RE		
Saturated Fat	.2 g	Dietary Fiber	10 g	Vitamin C	38 mg		

Tex-Mex Caviar

2 cans Black-eyed Peas, drained
 1 cup chopped green pepper
 ½ cup chopped onion
 2 tablespoons chopped fresh jalapeno pepper
 (optional)

1. Rinse and drain peas.
2. Mix with other ingredients.
3. This is a great cold salad or side dish.

Makes 8 ½-cup servings

½ cup of your favorite Italian-type dressing

Recipe provided by Giant of Maryland, Inc.

Nutrition Information for each serving of Tex-Mex Caviar:

Calories	145	Cholesterol	0 mg	Sugar	1 g	Calcium	45 mg
Calories from Fat	63	Sodium	696 mg	Protein	6 g	Iron	2.0 mg
Total Fat	7.1 g	Total Carbohydrate	18 g	Vitamin A	9 RE		
Saturated Fat	1.0 g	Dietary Fiber	4 g	Vitamin C	18 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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